

1 CLAIMS

2 I claim:

3 1. A reciprocating weight exercise apparatus comprising:

4 a rigid tube having a first end and a second end;

5 a first stationary handle affixed to the first end and a second stationary handle
6 affixed to the second end;

7 a first coil spring and a second coil spring, the tube being deployed within the coil
8 springs;

9 a permanent weight adapted for sliding along the length of the tube and between
10 the first coil spring and the second coil spring, the permanent weight having sufficient
11 weight to compress the coil springs;

12 a first slidable handle and a second slidable handle adapted for sliding along the
13 length of the tube, the first slidable handle being adjacent to the first coil spring and the
14 second slidable handle being adjacent to the second coil spring; and

15 a first shock absorbing means deployed on the tube adjacent to the first stationary
16 handle and a second shock absorbing means deployed on the tube adjacent to the second
17 stationary handle.

18 2. An exercise apparatus as set forth in claim 1 wherein the first end of the tube is
19 swaged where the first stationary handle is affixed to it and the second end of the tube is
20 swaged where the second stationary handle is attached to it.

21 3. An exercise apparatus as set forth in claim 2 wherein each slidable handle is
22 seated on a tubular sleeve with a swaged outer end.

23 4. An exercise apparatus as set forth in claim 3 further comprising a first
24 auxiliary weight attachable to one side of the permanent weight and a second auxiliary
25 weight attachable to a side of the permanent weight opposite to the side to which the first
26 auxiliary weight is attached.

27 5. An exercise apparatus as set forth in claim 4 wherein the weight has a threaded
28 circular cylindrical surface and wherein each auxiliary weight is annular with a threaded
29 interior surface such that the auxiliary weight can be screwed onto the permanent weight.

1 6. An exercise apparatus as set forth in claim 3 wherein each shock absorbing
2 means is an O-ring and a bushing.

3 7. An exercise apparatus as set forth in claim 5 wherein each shock absorbing
4 means is an O-ring and a bushing.

5 8. An exercise apparatus as set forth in claim 3 wherein each shock absorbing
6 means is a spring and a bushing.

7 9. An exercise apparatus as set forth in claim 5 wherein each shock absorbing
8 means is a spring and a bushing.

9
10